

MAINE HEALTH ALERT NETWORK



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(Formerly Bureau of Health)
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*****ADVISORY – Important Information*****

2009PHADV053

TO: All Health Care and Laboratory Recipients

FROM: Dora Anne Mills, M.D., M.P.H., Public Health Director

SUBJECT: Updated Clinical Guidance for Influenza-Like Illness

DATE: October 9, 2009

TIME: 1:00 pm

PAGES: 3

PRIORITY: High

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Maine Center for Disease Control and Prevention (Maine CDC)
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Testing and Management for Influenza-Like Illness (ILI)
October 9, 2009

This advisory provides an updated algorithm for health care providers in Maine for testing and management of influenza-like illness (ILI).

Health care providers and other public health partners are asked to report to Maine CDC influenza infection among patients who:

- Are hospitalized;
- Have died; and/or
- Are associated with a suspected outbreak.

Health care providers with questions on influenza can contact the Maine CDC at 1-800-821-5821 24 hours a day, 7 days a week.

Testing and Management for Influenza-Like Illness

October 9, 2009

CLINICAL CRITERIA

Influenza-like illness (ILI) is defined as

- Fever $\geq 37.8^{\circ}\text{C}$ (100°F); AND
- Cough or sore throat

in the absence of a KNOWN cause other than influenza



RISK FACTORS

- Patient requires hospitalization; OR
- Patient is at high-risk for severe disease
 - Child <2 years of age;
 - Person ≥ 65 years of age;
 - Persons with the following conditions: chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurological, neuromuscular, or metabolic disorders (including diabetes);
 - Immunosuppression, including that caused by medications or by HIV;
 - Pregnant women;
 - Persons <19 years of age who are receiving long-term aspirin therapy



TESTING

- Submit a specimen for influenza testing for patients with ILI who are hospitalized, who have died, or for whom a diagnosis of influenza would affect clinical care, infection control, or management of contacts.
- When testing is indicated, rapid diagnostic tests that are negative should be followed by PCR testing.
- For outbreaks in institutional settings, submit 3-4 specimens to confirm the cause of the outbreak. Once infection has been confirmed as influenza, further testing is not usually indicated.
- Information on testing at the Health and Environmental Testing Laboratory is available at: http://www.maine.gov/dhhs/etl/micro/submitting_samples.htm



MANAGEMENT

- If a patient meets the clinical criteria and has ≥ 1 risk factor, implement appropriate management steps outlined below. Do not wait for test results.
- Use appropriate infection control precautions (www.cdc.gov/h1n1flu/guidance/)
- Treat patients meeting the clinical and risk factor criteria with antivirals (<http://www.cdc.gov/h1n1flu/recommendations.htm>)
- Consider early treatment or prophylaxis with antivirals of close contacts who are at high risk of severe disease OR health care workers who did not use appropriate personal protective equipment (<http://www.cdc.gov/h1n1flu/recommendations.htm>)
- Contact the Maine CDC at 1-800-821-5821 24 hours a day, 7 days a week for more information.